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Factors Affecting Physical Activity among Hennepin County Children and Adults

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Presentation outline

- **What is SHAPE?**
- **Physical activity among Hennepin County children**
- **Physical activity among Hennepin County adults**
- **Summary & policy implication**

What is SHAPE ?

Survey of the **H**ealth of **A**ll the **P**opulation & **E**nvironment

- A population-based assessment of the health of residents of Hennepin County, and the factors that affect their health.
- Three waves of the *Adult Survey*:
SHAPE 1998, SHAPE 2002, SHAPE 2006
- New component added in 2006:
SHAPE 2006– Child Survey



Two SHAPE 2006 components

□ Adult survey

- 30 minute survey, mail-in or phone interview
- Address list (US Postal Deliver Sequence File) matched with residential telephone list
- **8191** surveys completed

□ Child survey

- 20 minute phone interview with the most knowledgeable adult reporting on a child in the household
- **4,038** surveys completed

Physical Activity among Hennepin County Children

- ❑ **Selected findings are provided in the handout**
- ❑ **More physical activity data on children of Hennepin County**
 - **SHAPE Briefing No. 8. Physical activity and exercise among Hennepin County children**
 - **SHAPE 2006 Child survey data book**
 - **Other SHAPE documents and reports....**

All available at:

www.hennepin.us/SHAPE



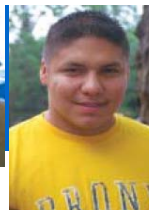
Physical Activity Among Hennepin County Adults

No leisure time physical activity

- Current status and major disparities
- Factors affect leisure time physical activity

Regular physical activity

- Current status and major disparities
- Who are those getting regular physical activity mostly at work?



SHAPE 2006 Adult survey

- respondents by race and ethnicity

Race and ethnicity	# of respondents
Asian/ Pacific Islander ¹ Southeast Asian²	437 (306)
Black/ African American ¹ U.S.-born Black African-born Black	1090 (653) (412)
White¹	5992
Hispanic or Latino³	341
Multiple race or race unknown	139
Total	8082

1 Racial categories reflects those primary racial designation of the respondents.

2 Southeast Asian includes Hmong, Laotian, Vietnamese, Cambodian, Thai, Malaysian, Filipino, Burmese, or from Singapore or Brunei.

3. The Hispanic/Latino ethnicity and race categories are mutually exclusive. A person of Hispanic/ Latino ethnicity who also identified with one or more races will be counted only in the Hispanic/Latino ethnicity group.

No leisure time physical activity - current status and major disparities

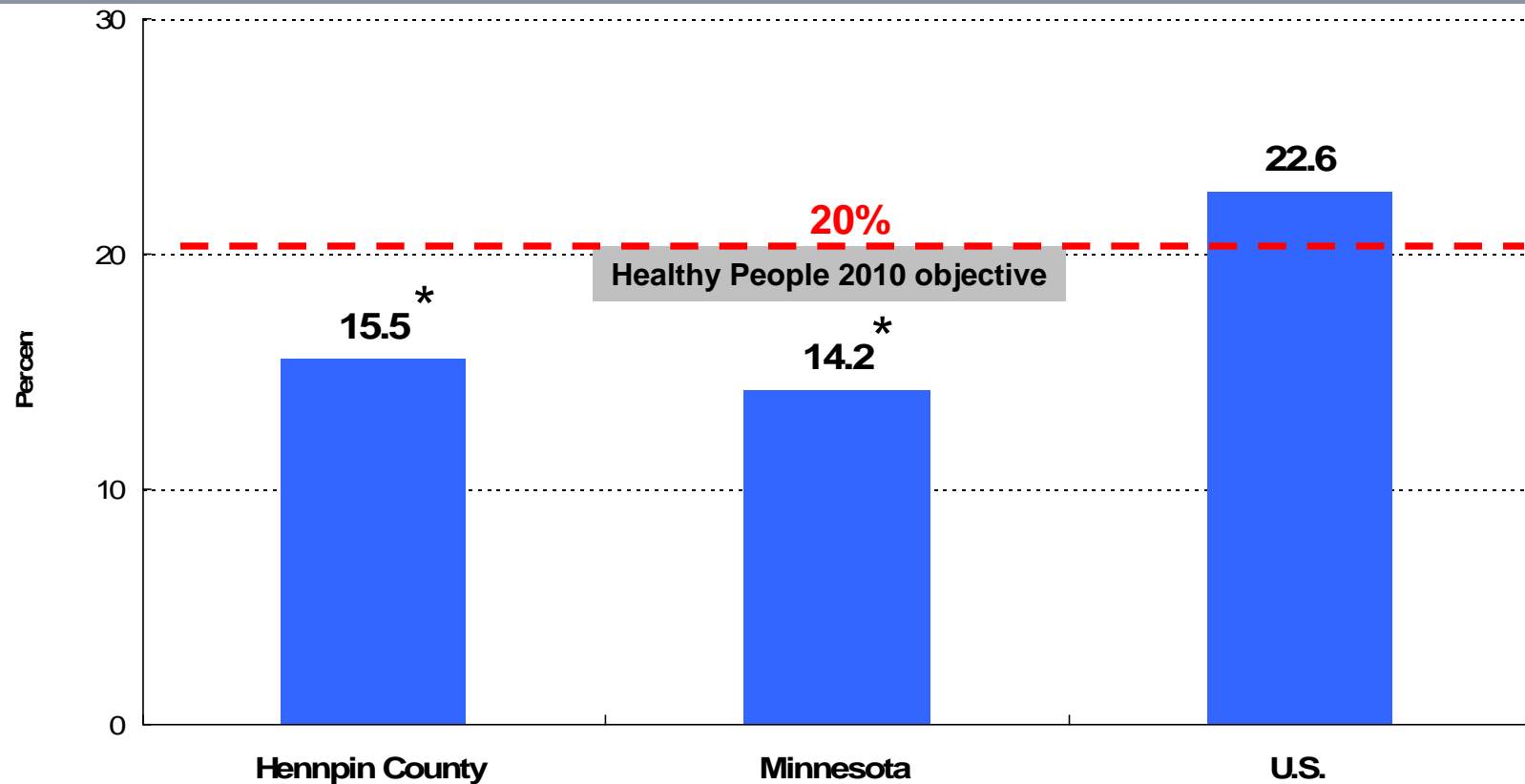
No leisure time physical activity is defined if respondent answered “No” to question:

Q. During the past 30 days, other than your regular job, did you participate in any physical activity or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

1 Yes

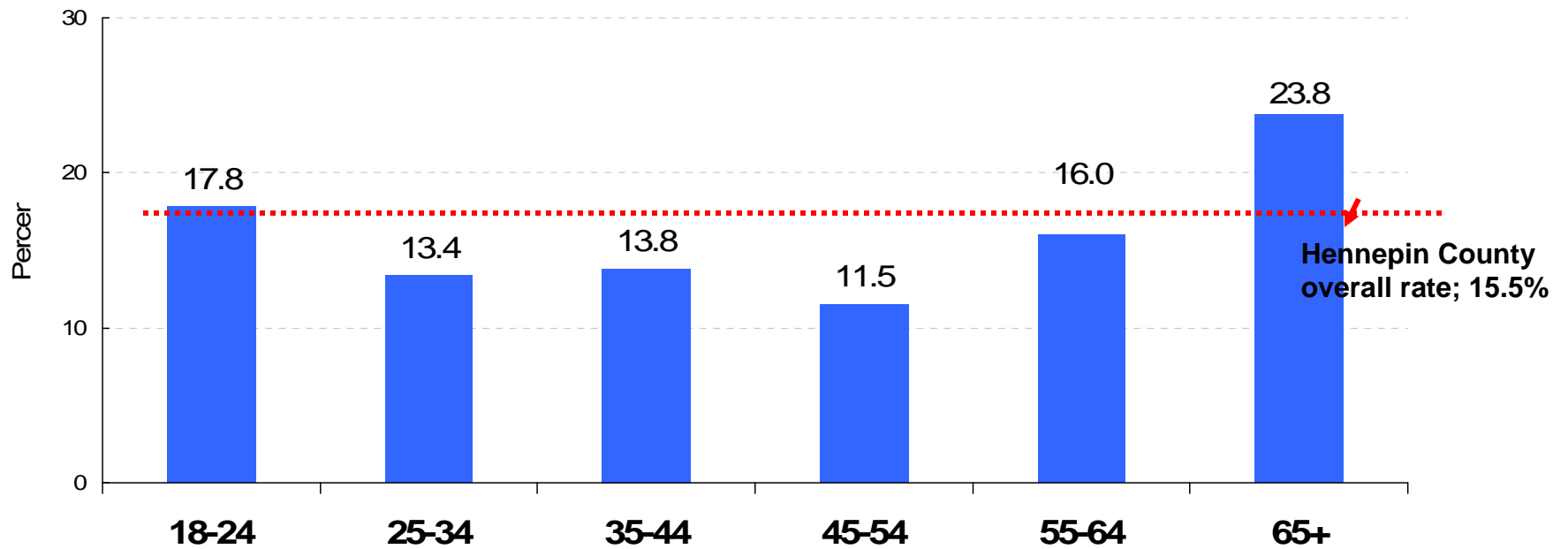
2 No

Percent of adults who engaged in NO leisure time physical activity Hennepin County, Minnesota and U.S. 2006

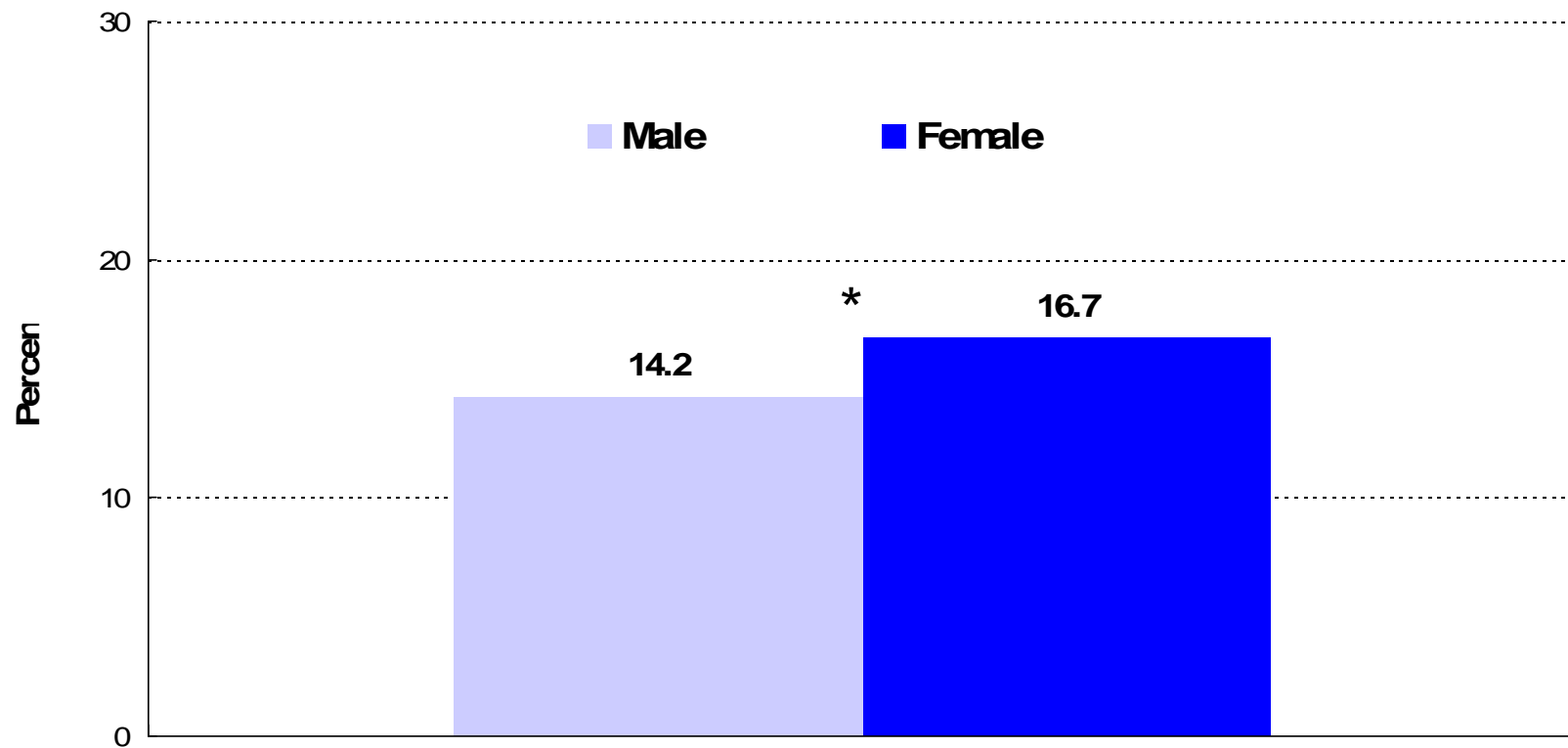


* Difference in rates between this group and the rate for U.S. is statistically significant at $p < 0.05$.
Sources: SHAPE 2006, BRFSS 2006 (prevalence on-line, accessed 2-26-2008)

Percent of adults who engaged in NO leisure time physical activity by age, Hennepin County 2006

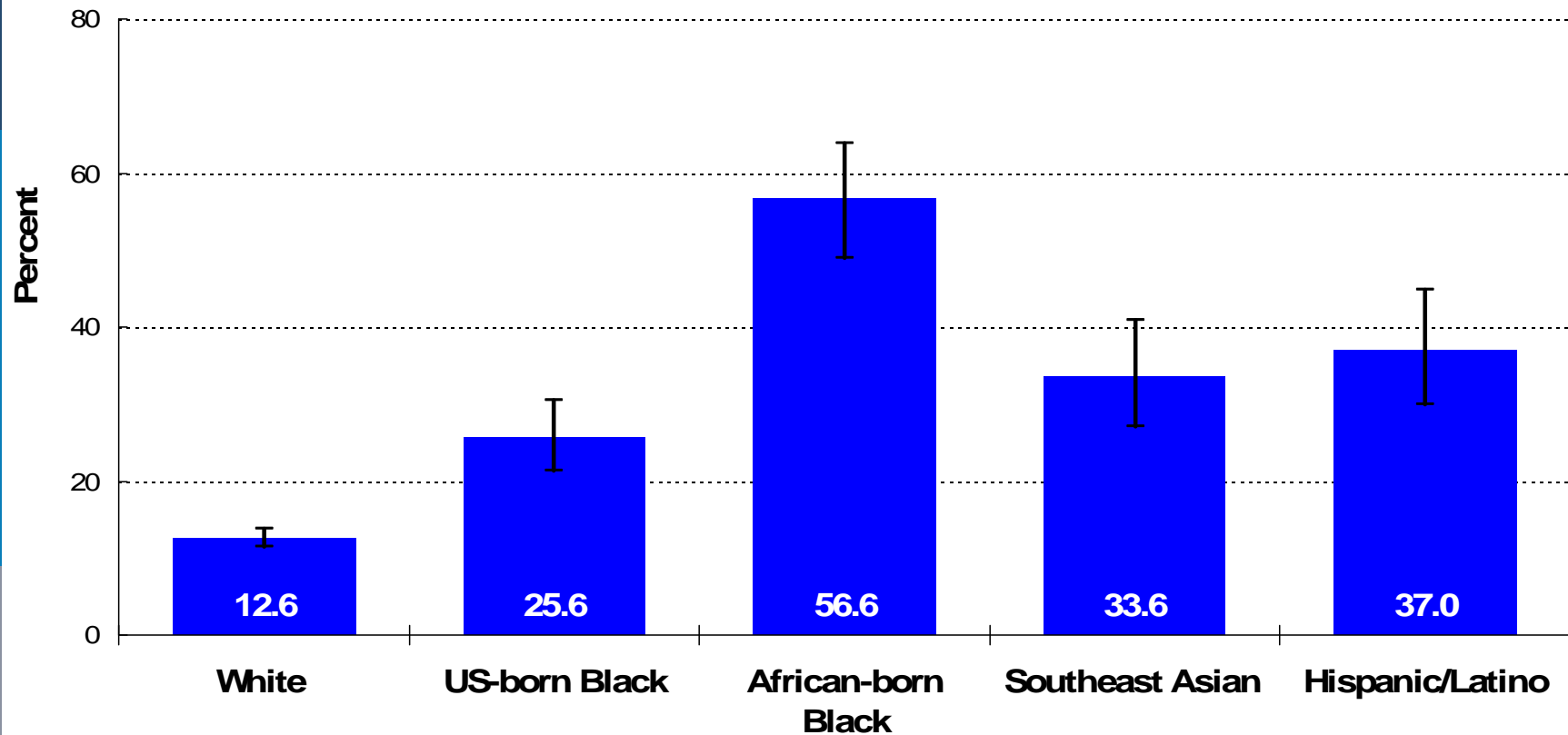


Percent of adults who engaged in NO leisure time physical activity by gender, Hennepin County 2006



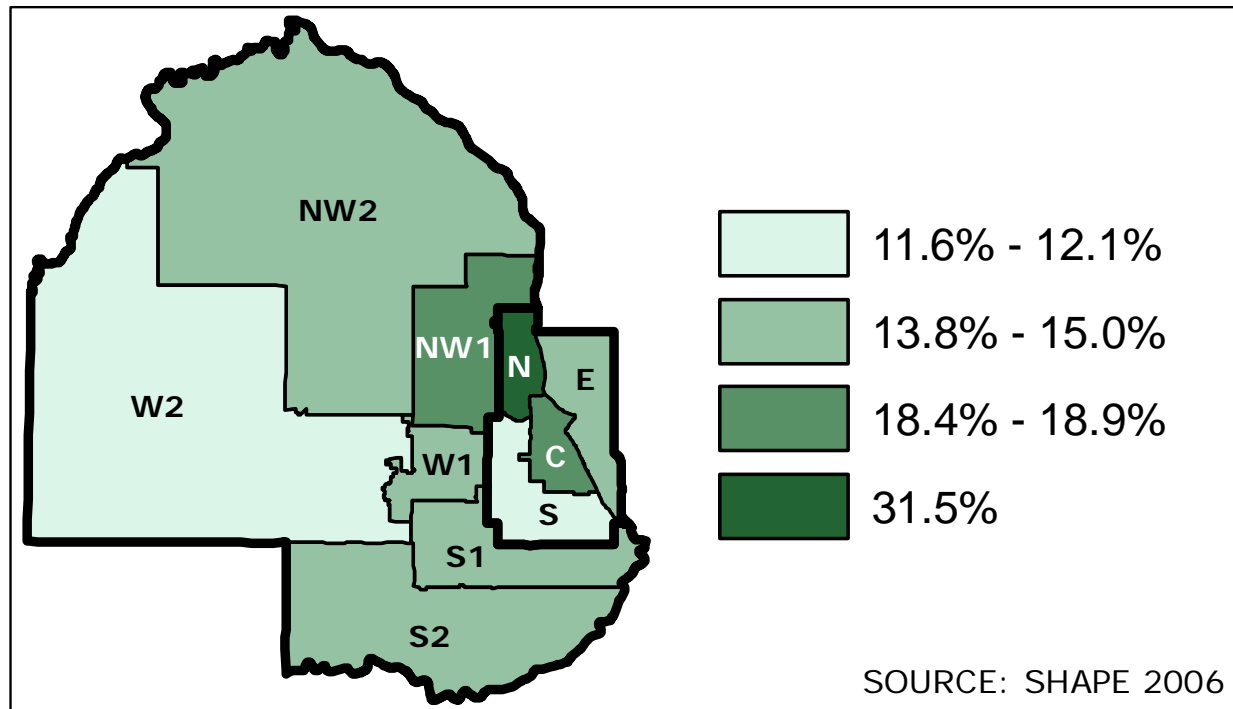
* Difference in rates between gender is statistically significant at $p < 0.05$.

Percent of adults who engaged in NO leisure time physical activity by race and ethnicity, Hennepin County 2006



The vertical line for each bar represents the 95% confidence intervals.

Percent of adults who engaged in NO leisure time physical activity by geographic areas, Hennepin County 2006



Geographic areas

Minneapolis

- N Near-North, Camden
- E Northeast, University, Longfellow
City of St. Anthony
- C Central, Phillips, Powderhorn
- S Calhoun-Isles, Southwest, Nokomis

Suburban Hennepin

- W1 West Inner Ring Suburbs
- S1 South Inner Ring Suburbs
- W2 West Outer Ring Suburbs
- S2 South Outer Ring Suburbs

No leisure time physical activity

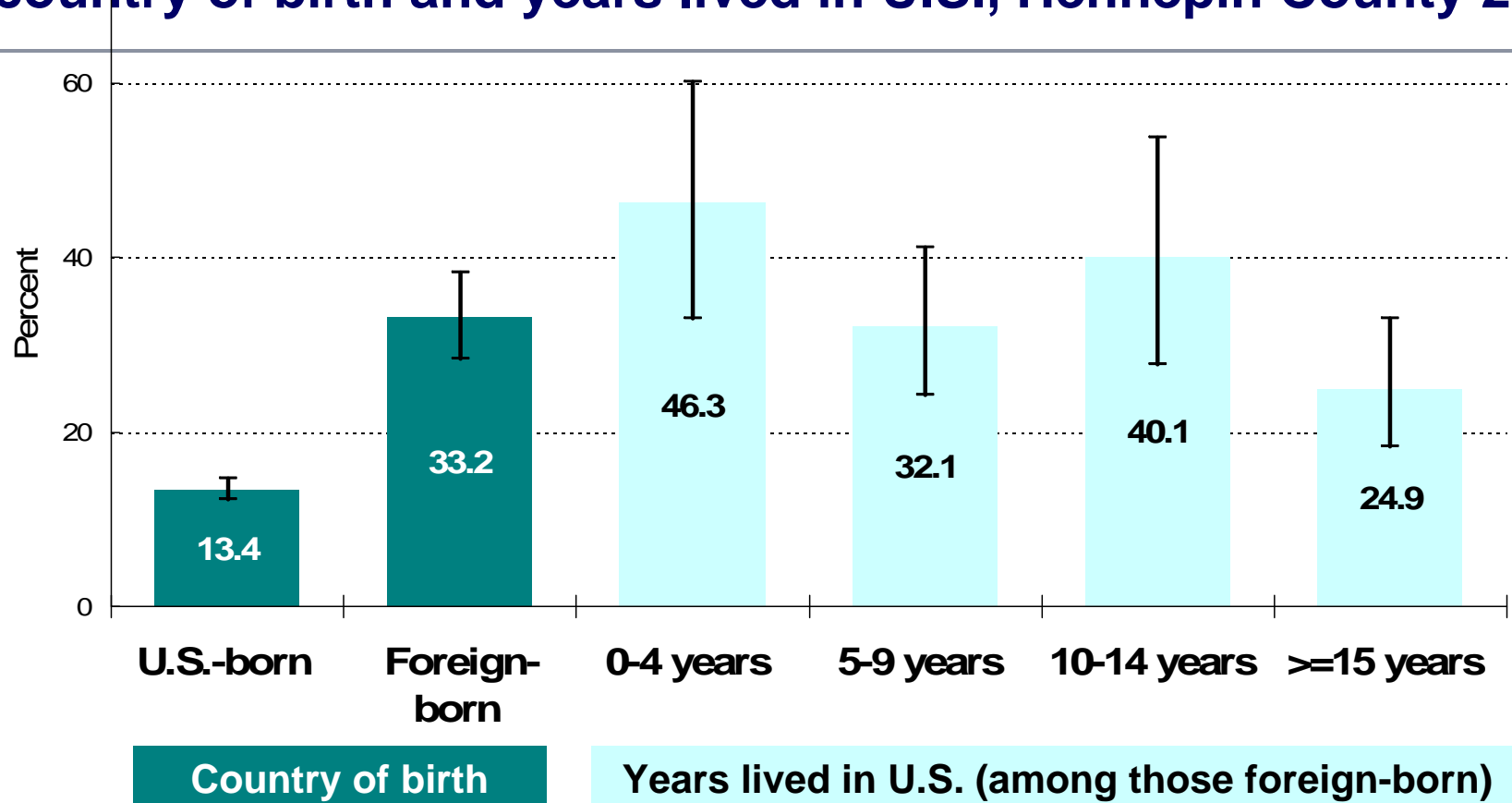
- factors that affect leisure time physical activity

- ❑ **Demographic factors**
- ❑ **Social factors**
- ❑ **Neighborhood factors**



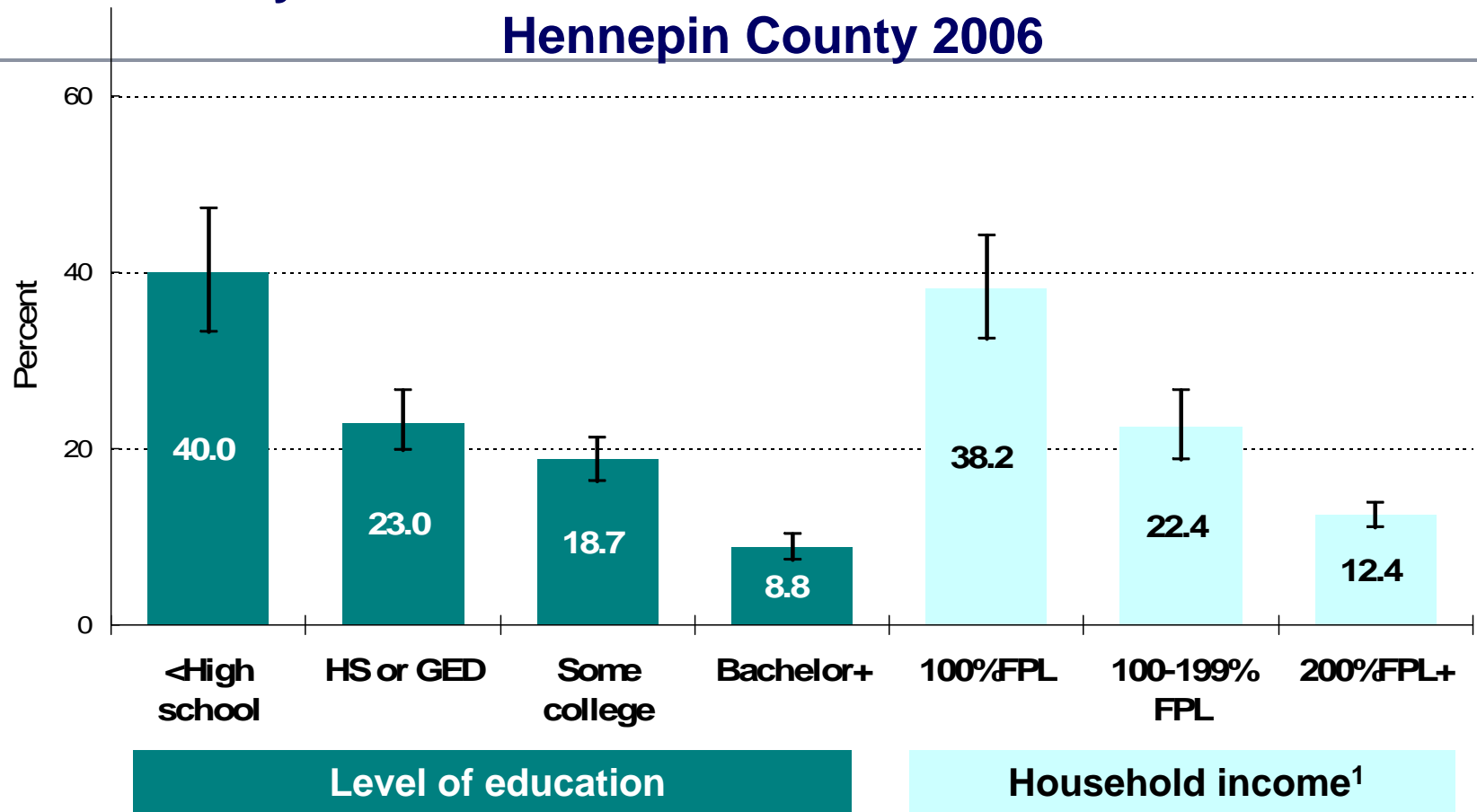
SHAPE 2006

Percent of adults who engaged in NO leisure time physical activity by country of birth and years lived in U.S., Hennepin County 2006



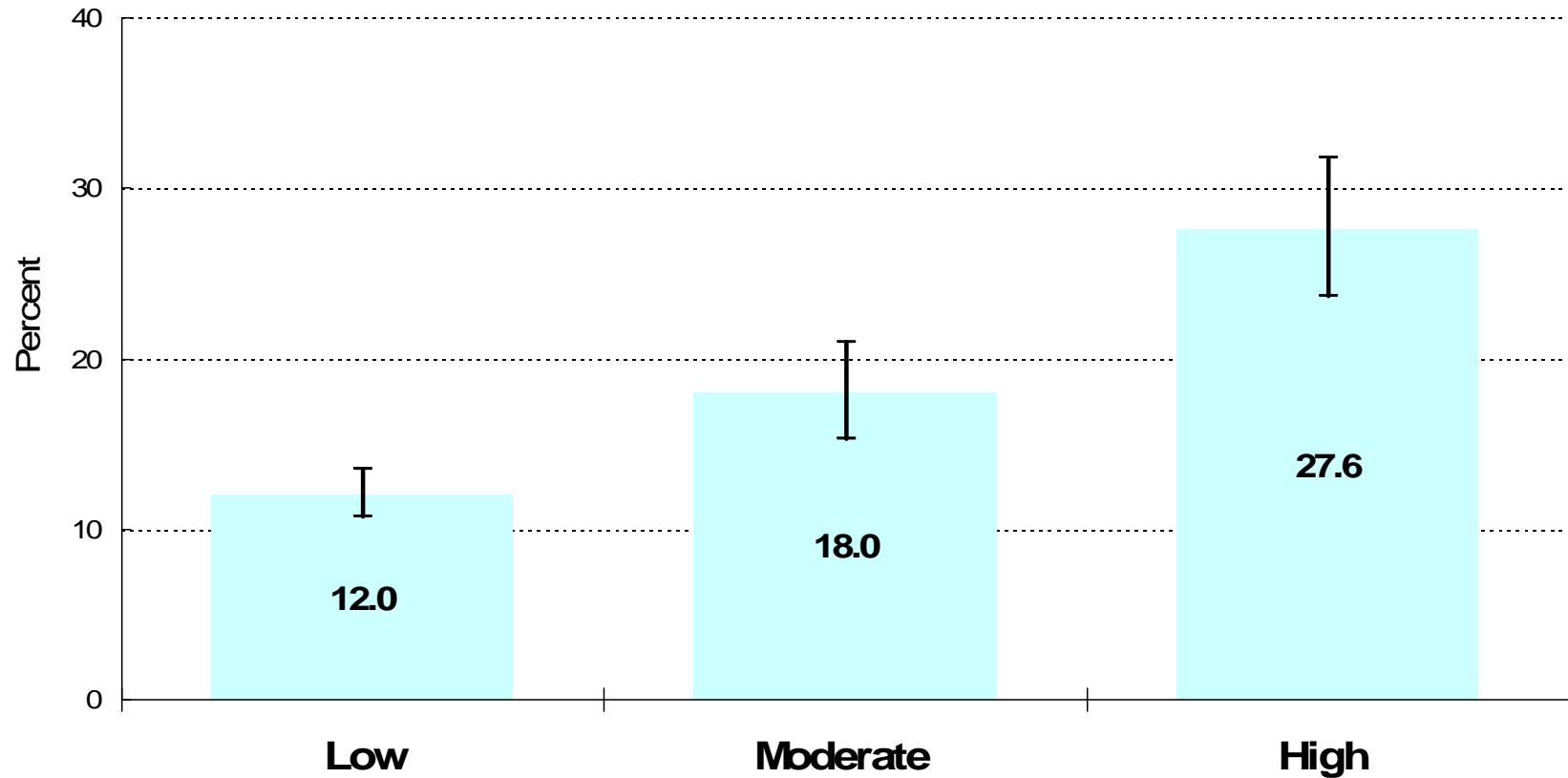
The vertical line for each bar represents the 95% confidence intervals.

Percent of adults who engaged in NO leisure time physical activity by level of education and household income Hennepin County 2006



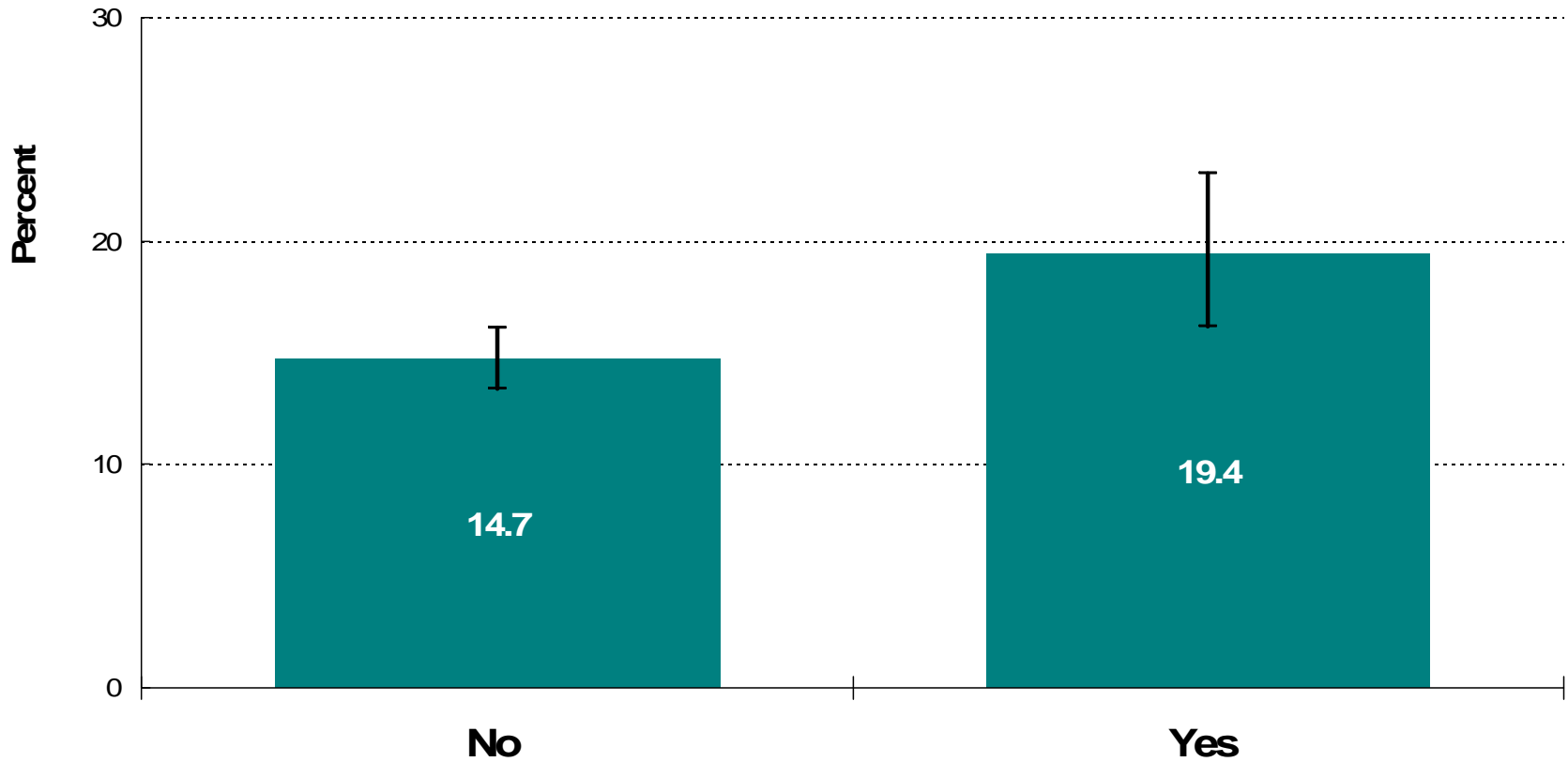
1. Household income as a percent of 2005 Federal Poverty Level
The vertical line for each bar represents the 95% confidence intervals (CIs).

Percent of adults who engaged in NO leisure time physical activity by experience of economic distress during the past 12 months Hennepin County 2006



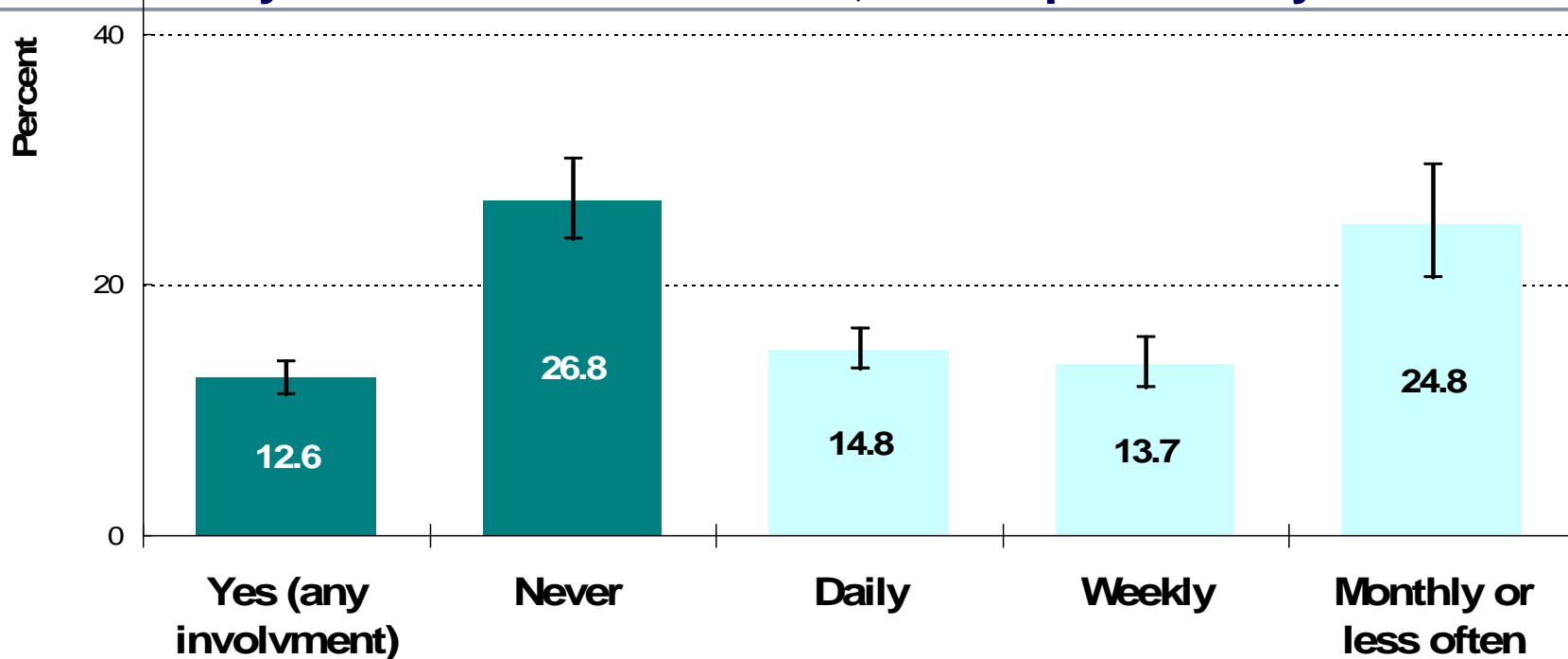
The vertical line for each bar represents the 95% confidence intervals.

Percent of adults who engaged in NO leisure time physical activity by experience of discrimination during the past 12 months Hennepin County 2006



The vertical line for each bar represents the 95% confidence intervals.

Percent of adults who engaged in NO leisure time physical activity by social connectedness, Hennepin County 2006

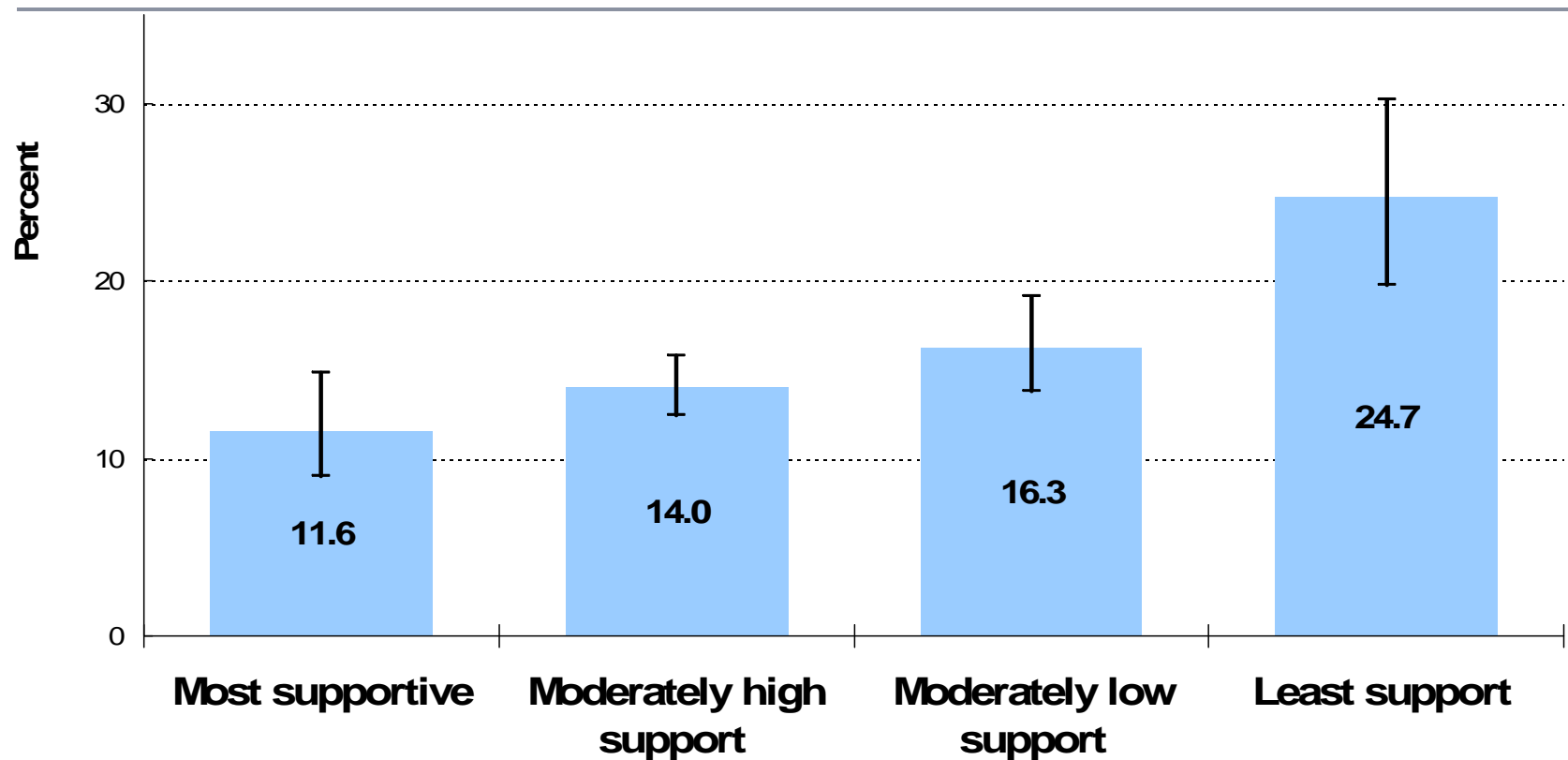


Community involvement¹

Getting together or talking to friends/neighbors

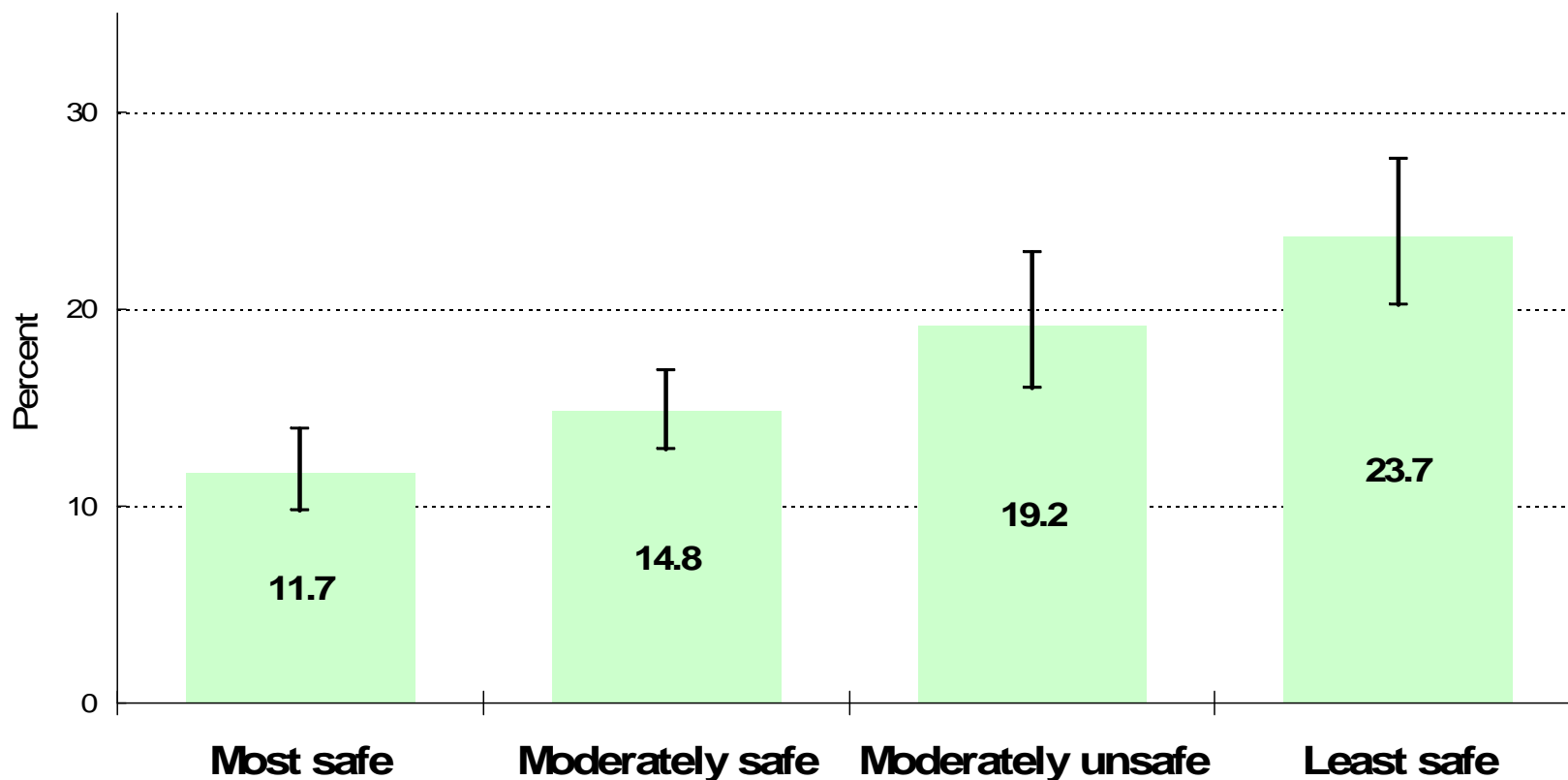
1. Respondent was asked "How often are you involved in school, community or neighborhood activities?"
The vertical line for each bar represents the 95% confidence intervals.

Percent of adults who engaged in NO leisure time physical activity by perceived level of neighborhood support, Hennepin County 2006



The vertical line for each bar represents the 95% confidence intervals.

Percent of adults who engaged in NO leisure time physical activity by perceived level of neighborhood safety, Hennepin County 2006



The vertical line for each bar represents the 95% confidence intervals (CIs).

Regular physical activity

- Current status and major disparities

Regular physical activity was defined as engaging in at least 30 minutes per session of moderate-intensity activity on 5 or more days a week (sufficient moderate physical activity) or at least 20 minutes per session of vigorous-intensity activity on 3 or more days a week (sufficient vigorous physical activity) or both.

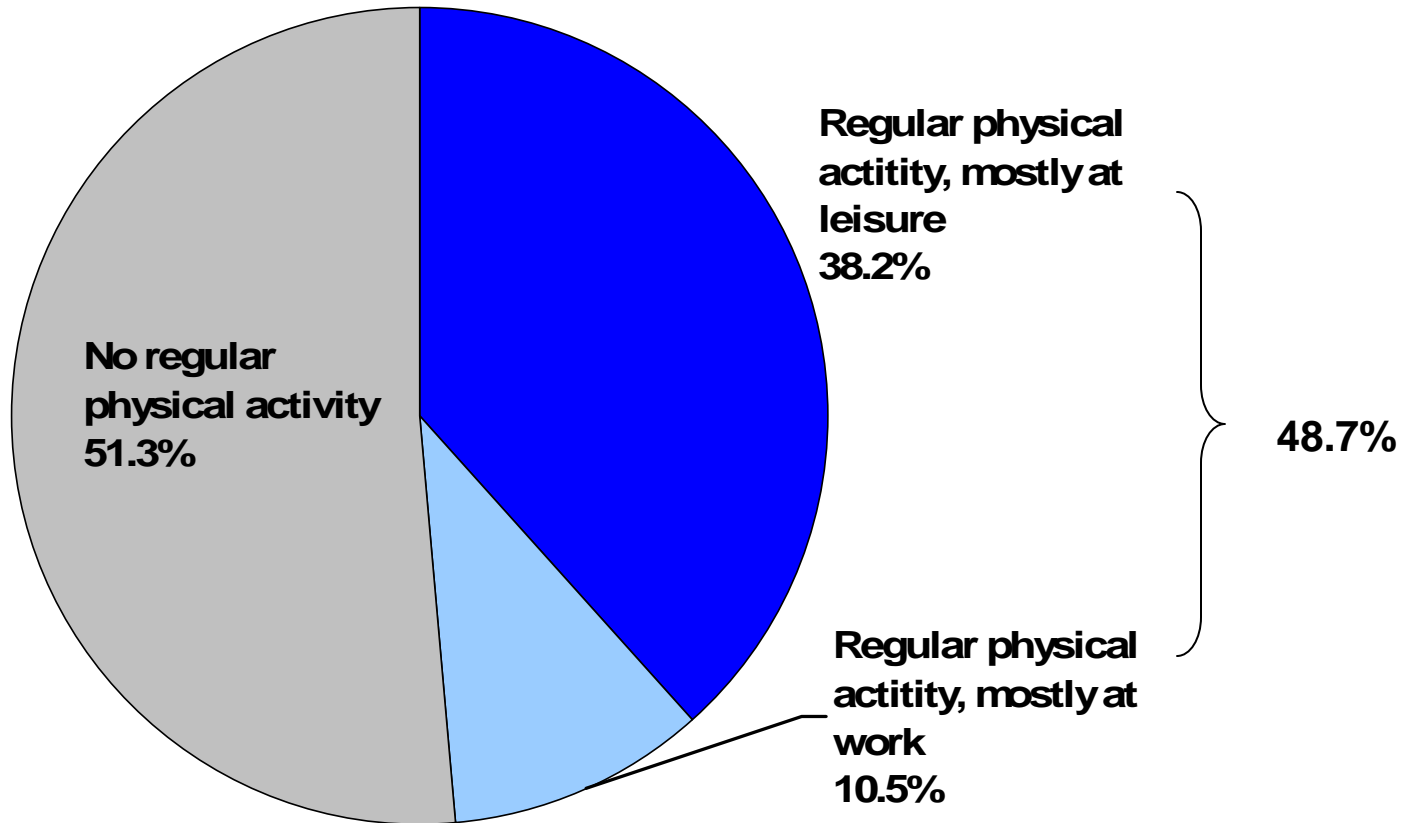
Respondents who engaged in regular physical activity and also said that they got most of the activity at work, either moderate or vigorous, are classified as engaging in ***regular physical activity mostly at work***.

Respondents who engaged in regular physical activity and also said that they got most of the activity outside of work, either moderate or vigorous, are classified as engaging in ***regular physical activity mostly at leisure***.

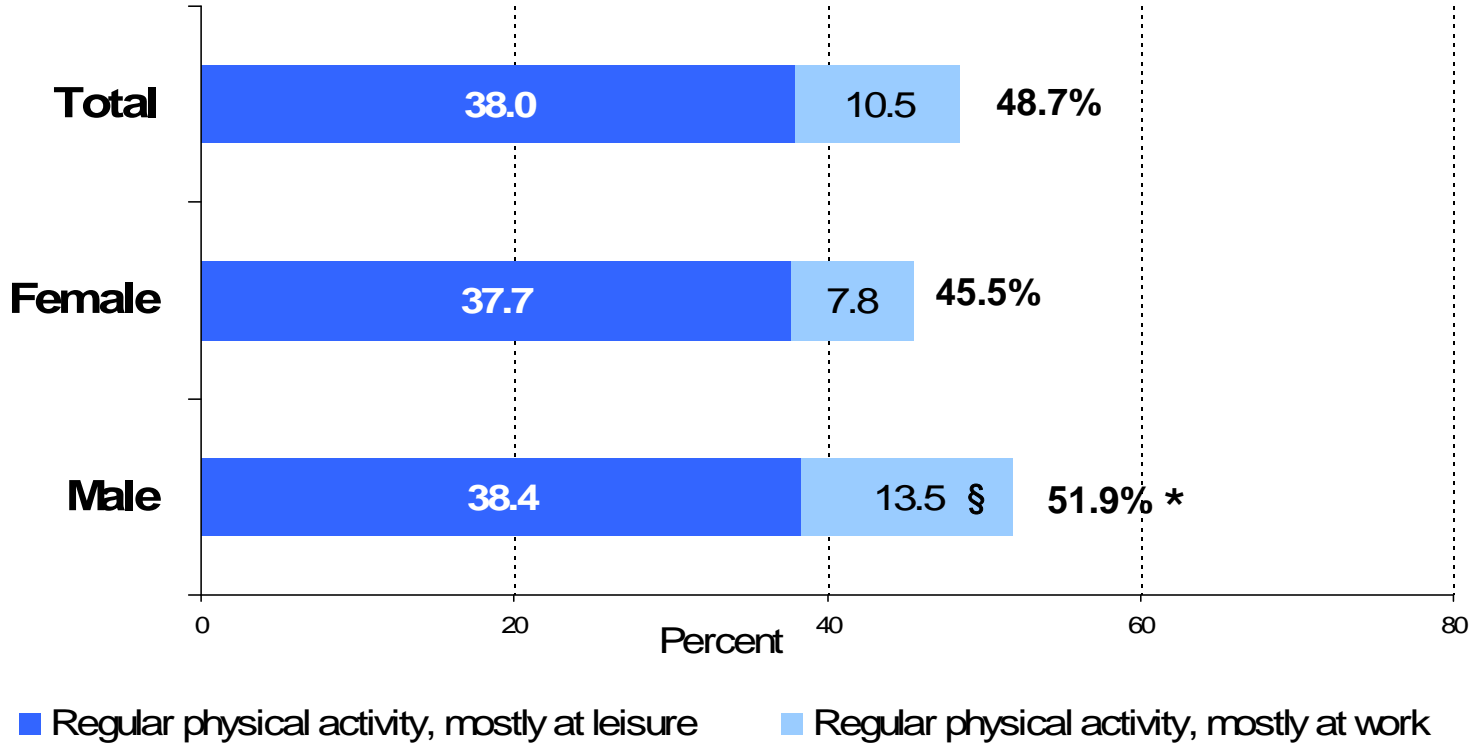


SHAPE 2006

Regular physical activity among Hennepin County adults, 2006



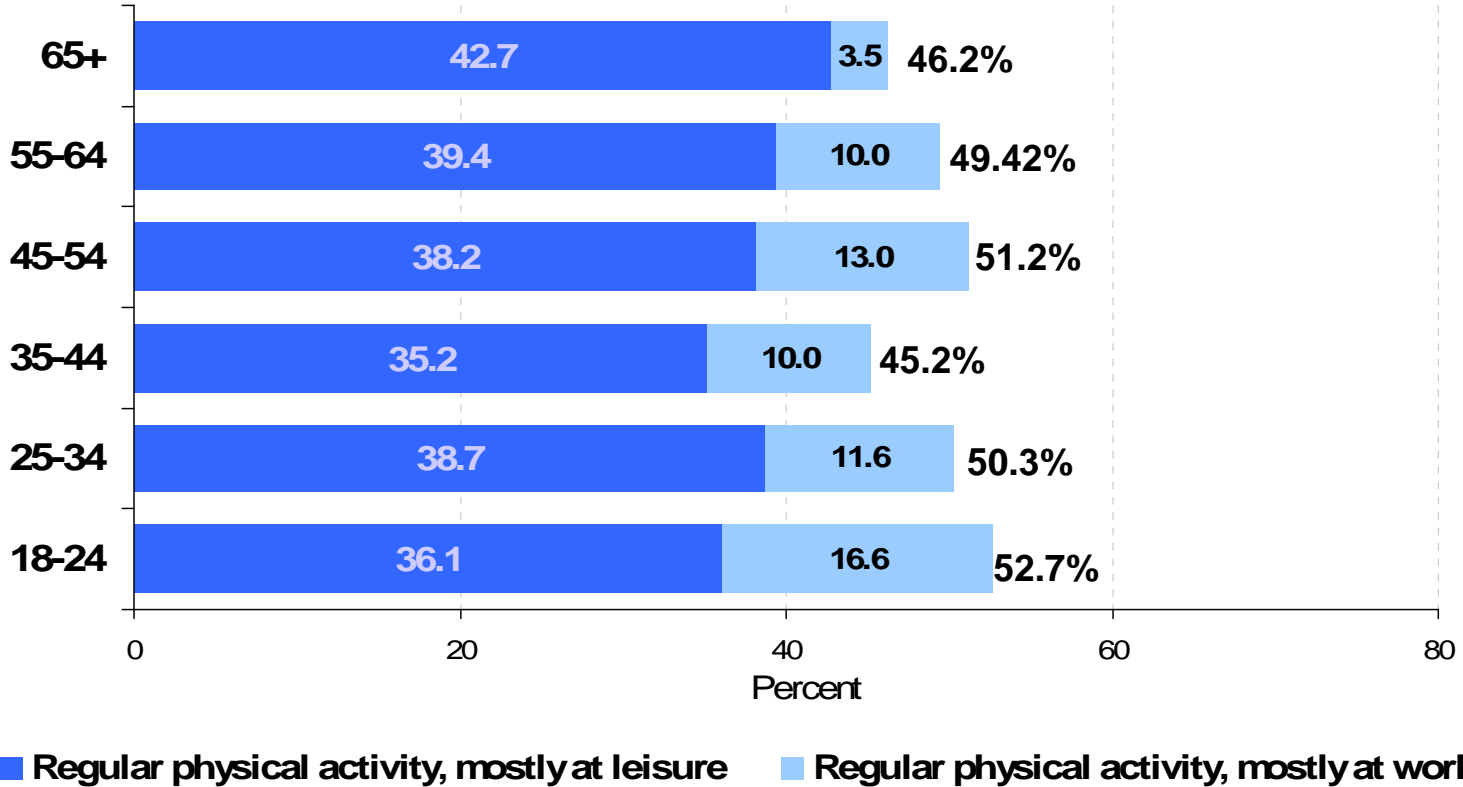
Percent of adults who engaged in regular physical activity- mostly at leisure, mostly at work, and both by gender, Hennepin County 2006



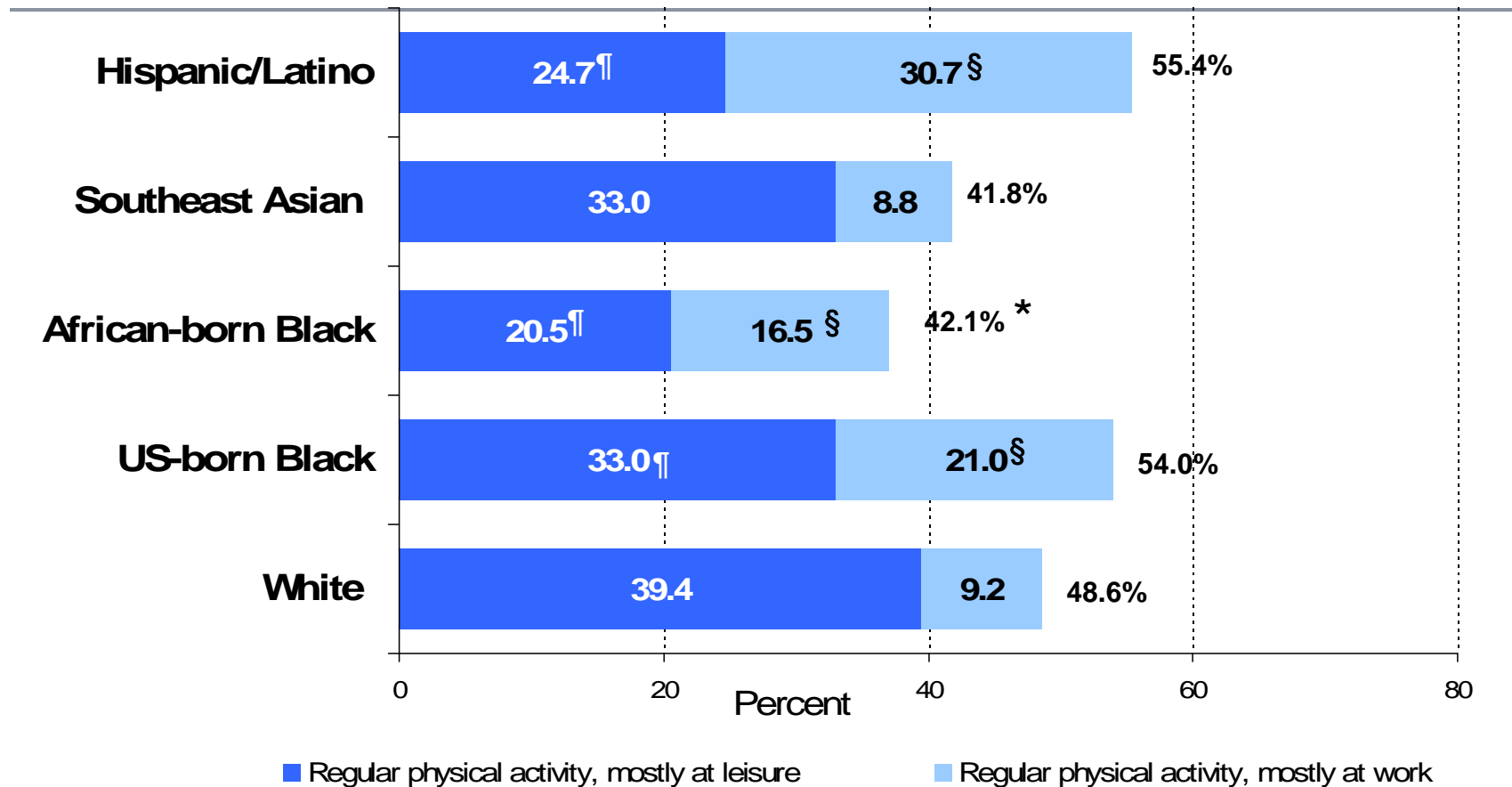
§Difference in rates of regular physical activity mostly at work between gender is statistically significant at p<0.05.
 * Difference in rates of regular physical activity (both at work and leisure) between gender is statistically significant at p<0.05.



Percent of adults who engaged in regular physical activity- mostly at leisure, mostly at work, and both by age* Hennepin County 2006



Percent of adults who engaged in regular physical activity mostly at leisure, mostly at work, and both by race and ethnicity, Hennepin County 2006



[¶] Difference in rates of regular physical activity mostly at leisure between this group and White is statistically significant at $p < 0.05$.

[§] Difference in rates of regular physical activity mostly at work between this group and White is statistically significant at $p < 0.05$.

^{*} Difference in rates of regular physical activity (both at work and leisure) between this group and White is statistically significant at $p < 0.05$.

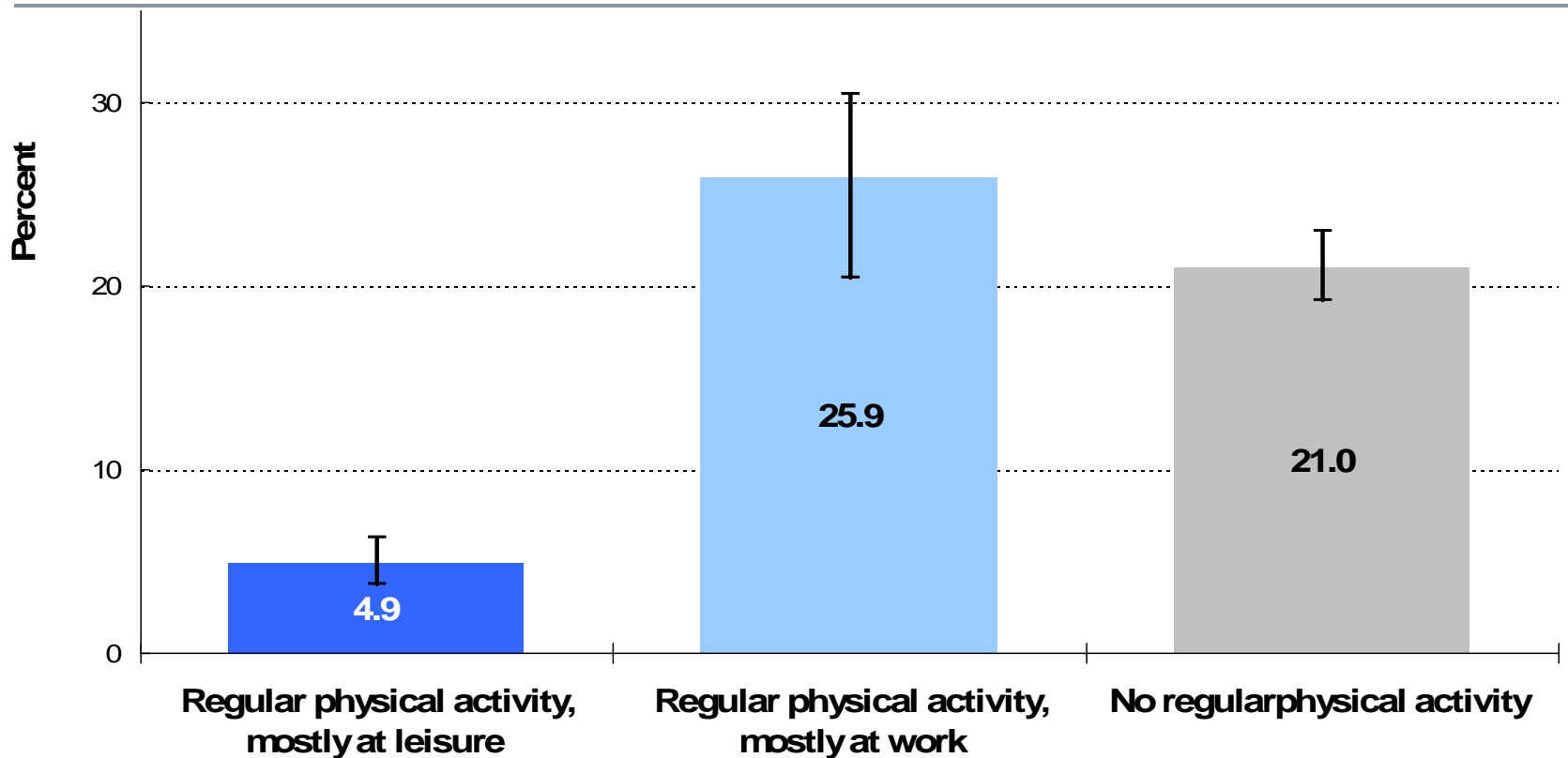
Regular physical activity

Who are those getting regular physical activity mostly at work?

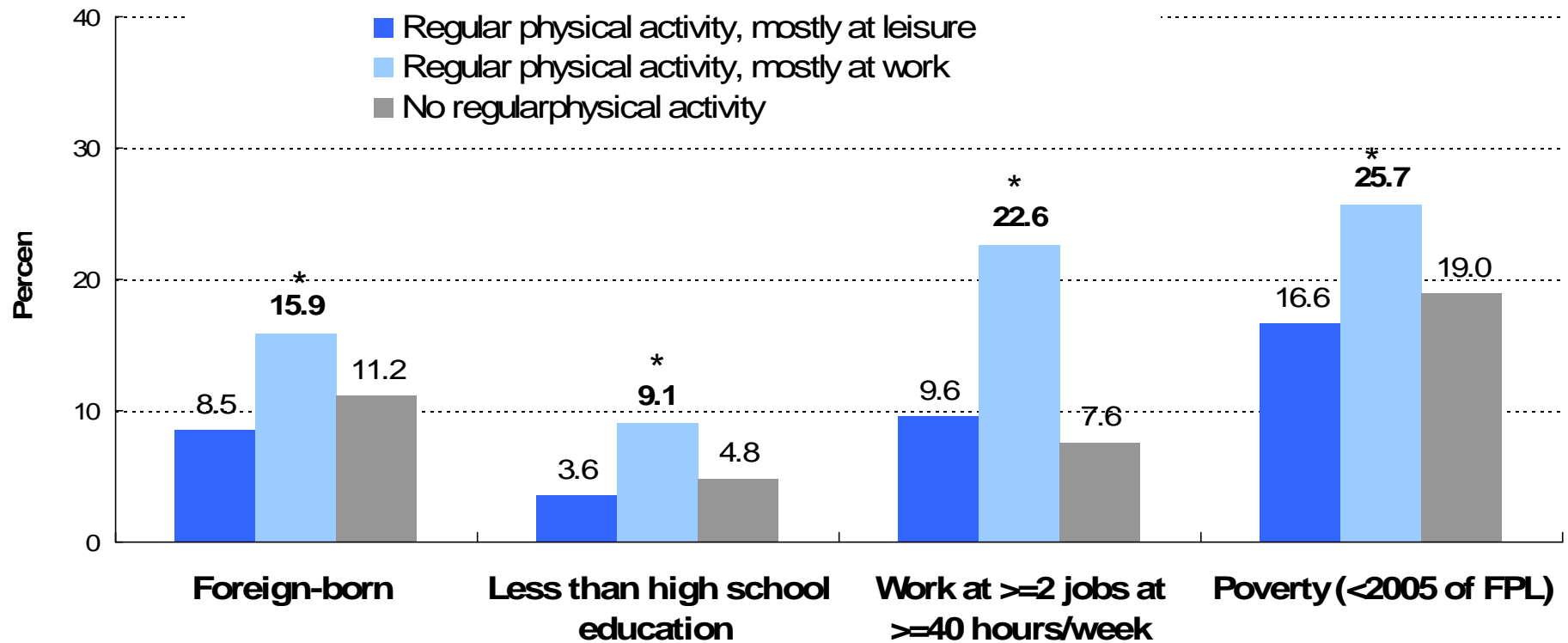


SHAPE 2006

Percent of adults who engaged in NO leisure time physical activity by status of regular physical activity Hennepin County 2006

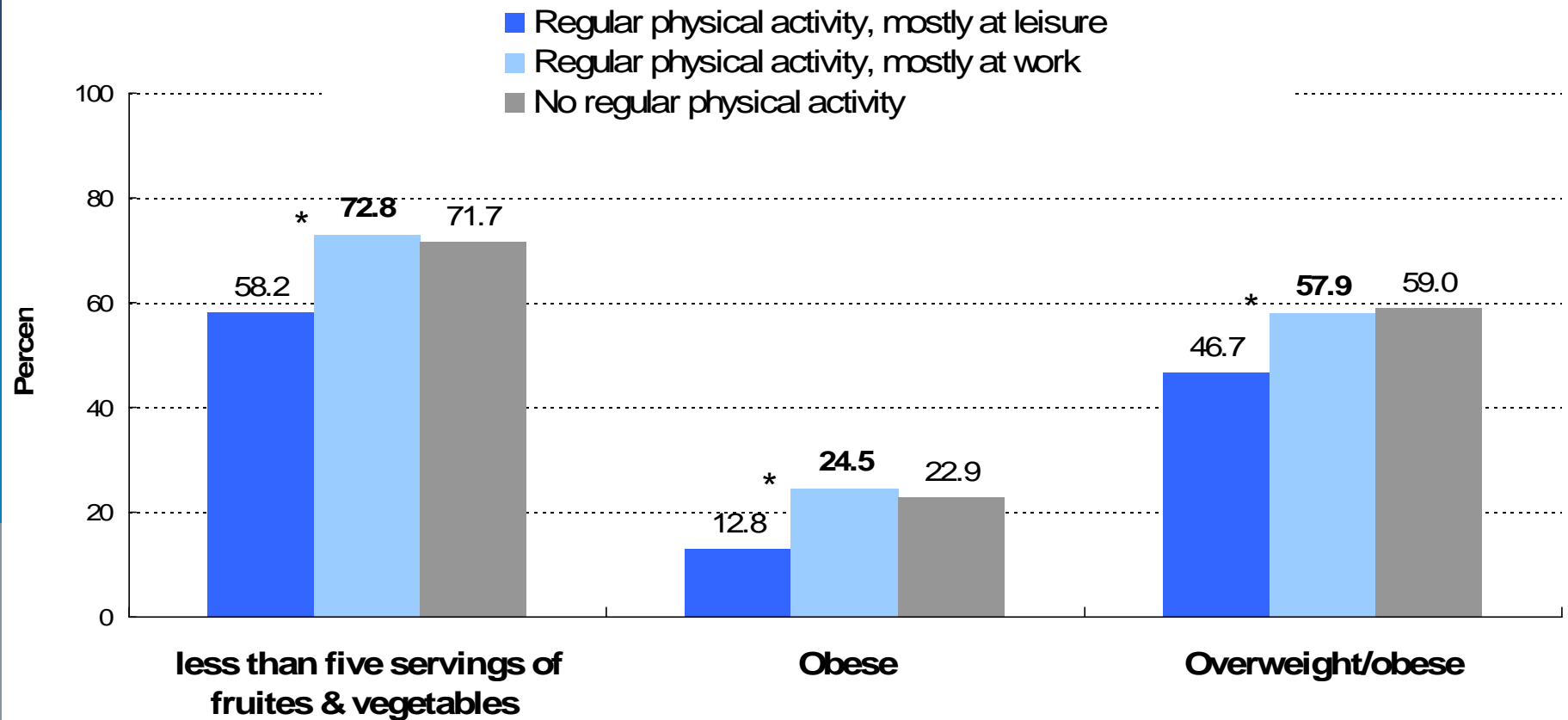


Selected socio-demographic characteristics by status of regular physical activity Hennepin County adults, 2006



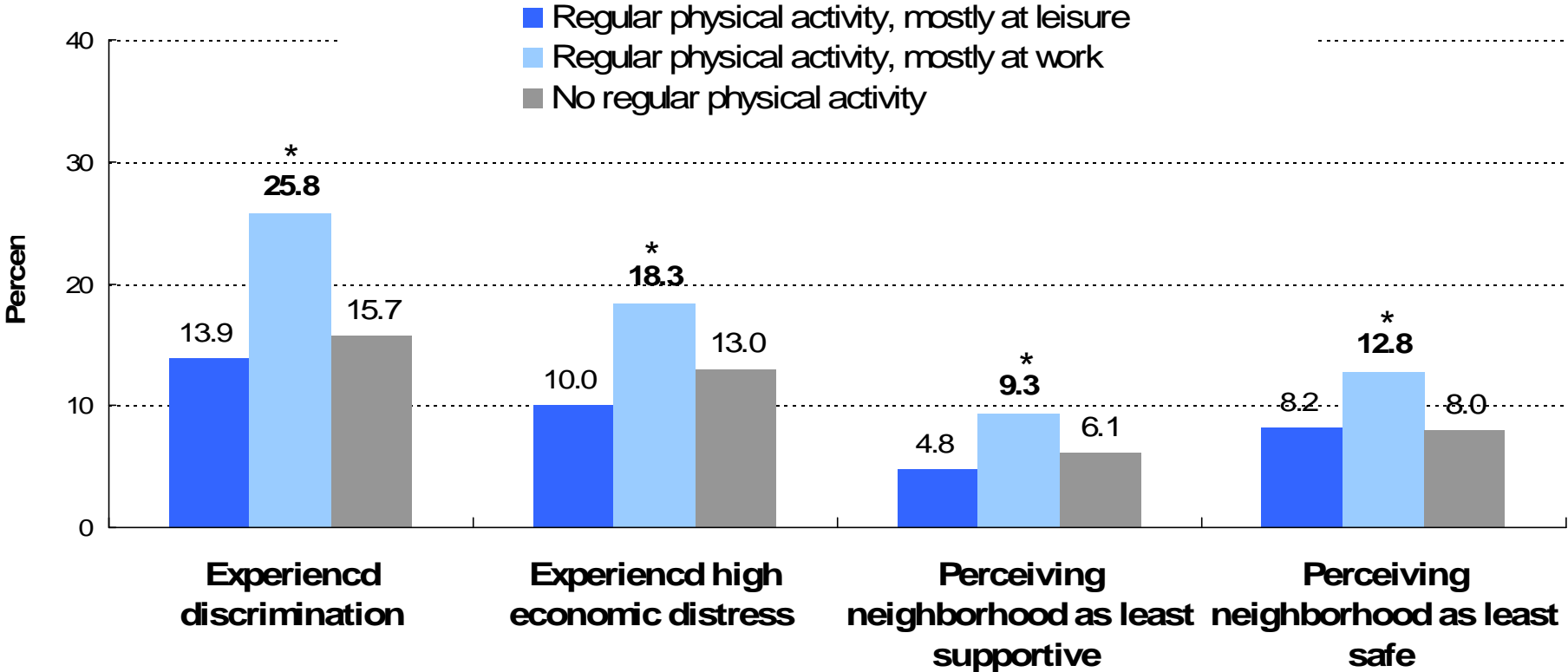
* Differences in rates between 2nd group and 1st group and between the 2nd group and the 3rd group is statistically significant at $p < 0.05$.

Selected health risk factors by status of regular physical activity Hennepin County adults, 2006



* Difference in rates between the first two groups is statistically significant at $p < 0.05$.

Selected social and neighborhood factors by status of regular physical activity Hennepin County adults, 2006



* Differences in rates between 2nd group and 1st group and between the 2nd group and the 3rd group is statistically significant at $p < 0.05$.



Summary and policy implication

Sixteen percent (16%) of county adults engaged in *No leisure time physical activity*. This rate is no different from the rate among adults statewide, and is even lower than the national average. However, large disparities are found across Hennepin County geographic areas and across age groups and by gender.

The disparities cross racial and ethnic groups of Hennepin County adults are even larger. Compared to Whites, adults of color are 2 to 5 times more likely to report lacking leisure time physical activity.



SHAPE 2006

Summary and policy implication

Many demographic factors, social and neighborhood conditions are significantly related to lacking leisure time physical activity among county adults.

Promoting physical activity at leisure time has to address the disparities in how it affects the county population, and has to address the social, neighborhood conditions, including neighborhood support and safety, that relate to the engagement of leisure time physical activity.



SHAPE 2006

Summary and policy implication

Close to half (48.7%) of county adults engage in regularly physical activity, either at leisure or at work. This include 38.3% of adults getting regular physical activity mostly at leisure, and 10.5% of adults getting regular physical activity mostly at work. Disparities in rates of regular physical activities are found across age subgroups and by gender.

Disparities in rates of regular physical activity among racial and ethnical groups are found and are complex.

- * Compare to Whites, Hispanics/Latinos, U.S.-born Blacks and African-born Blacks are:
 - more likely to report getting regular physical activity mostly at work;
 - less likely to report getting regular physical activity mostly at leisure .
- * Rates of total regular physical activity among Hispanics/Latinos, U.S.-born Blacks, and Southeast Asians are not different from the rate for Whites, but African-born Blacks reported a significantly lower rate than Whites.



Summary and policy implication

Comparing residents getting regular physical activity mostly at work, with those getting it mostly at leisure and those not getting it, it was found that those getting it mostly at work are:

- * Mostly likely to report no leisure time physical activity;
- * More likely to be foreign-born, have less than high school education, work at multiple jobs, live in poverty, and experienced high economic distress;
- * Sharing similar rate of not having five-a-day, obese status, and overweight/obese as those not getting regular physical activity;
- * More likely to be from neighborhoods that are less safe and less supportive, and more likely to have experienced discrimination.

Promoting regular physical activity strategies have to be tailored to where are residents getting physical activity and have to address the issues that getting “regular” or “sufficient” physical activity mostly at work might not contribute to health due to other conditions and factors.

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